

Article 78: Automatic Emotions Are Balderdash!

No discussion of your attitudes and feelings, your “automatic”-reactions, or your emotional-responses which does not consider your judgments, even those that “seem” instinctual or “automatic”, is of any value, for no matter how deeply your attitudes, feelings, and emotions seem to be encoded in your nervous system as automatic-reactions made without your control, these responses are all strongly, though frequently improperly thought out, deeply impressed in your embodied mind and mindful body, justified and strengthened with every judgment, and constantly struggled against in your life. It seems that your attitudes, feelings, and emotions hold you in bondage ...and destroy your ability to live the godselfimage and life you truly desire.

*You are much more than
your attitudes, feelings, and emotions.*

It is frequently declared that the emotions and instinctual-responses “coded” in your genes and nervous system, result, for the most part, from ancient times when physical beings had to depend upon “automatic” reactions to protect themselves and friends and family members from danger. If this is true, the only emotion and reaction being offered is a constant sense of fear and a readiness to defend yourself; ...and though these seem vital and active in your life, such emotions and reactions are not the main concern of your lifeseif, for you are not controlled by your genes or instincts or body systems, you manage them; ...or if you choose not to manage them, this is frequently revealed in genetic illnesses and nervous system diseases and difficulties. You can control your genes just as surely as you can control your attitudes, feelings, emotions, and responses! Your “automatic” emotions and reactions do not protect you, ...you protect your “automatic” emotions and reactions ...and the judgments upon which they are founded, simply because you feel that they serve you and preserve your beliefs and judgments, ...but at what price? Are you living the self and life you desire ...or struggling against your judgments, attitudes, feelings, emotions, and reactions? We both know the answer to that question, ...don't we?

*Do not let negative attitudes, feelings,
and emotions dominate you.*

Do not listen to those who try to turn your self against yourself by declaring that you must learn to live with or overcome genetic weaknesses, instinctual-emotions, and automatic reactions which are constantly controlling and victimizing you, for if this is true ...and you are controlled by genes, instincts, and automatic reactions, then life is truly pointless, for you are in this only a vehicle for protecting and maintaining the gene pool ...or the “evolution” of genes. Do you really believe that is the purpose of your

self and life? Or do you control your own patterns and nervous system which are created to serve you? Refusing to manage your genes, your body systems, or your actions does not mean that they control you.

Do you believe the world is dangerous?

All events, circumstances, conditions, situations, and individuals in your life are as you have created them, ...and this includes your genes, emotional patterns, responses, and actions. For example, if there are a series of robberies in your neighborhood, one individual may feel violated and panic; others, considering this a police failure, may arm themselves and hunt through the neighborhood for the robber or for clues; and one person may find the situation exciting, while others consider this to be punishment for their constant pursuit of possessions. These individuals are not reacting differently to the same event, ...each person actually experienced a *different event*, ...an event of personal violation, of insecurity, without answers, of excitement, or one that offered punishment. In the same way, you create every event, circumstance, situation, thing, or individual in your life as you desire them to be ...and then establish a physical/mental/emotional reaction to and attitude about your own creations.

Create new ways to express yourself!

We were robbed several years ago ...and with a house filled with personal items and expansive equipment, the only things taken were valuable, insured, and no longer needed, ...and the insurance money enabled us to buy some much-needed equipment. In this, we created the robbery as an opportunity ...and created similar attitudes, feelings, and emotions.

Expect surprises ...even from yourself.

The same is true of every individual in your life. For example, if you have “experienced” your parents or partner to be “uncaring, judgmental, and controlling” you are only experiencing your own beliefs and judgments ...and these individuals occupy that role in your life ...which, you will probably struggle with and against, while others will create these same people as completely different individuals fulfilling different roles in their life.

*Have you misplaced your judgments
and emotions onto others?*

We have frequently indicated that if you want to change your self and life, you can either struggle to change one thing at a time, or change yourself ...and everything in your life, which was self-created and maintained, will change accordingly. In response to this, others frequently declare impatiently, “I have changed ...and stopped judging, but my

parents are as *uncaring and controlling as ever ...and just as judgmental*, ...so you are wrong! Our response to this is to ask, "If you believe others are judging you, who in your world is judging?" The answer of course is that you are judging, which indicates that you have *not changed* ...so why would you ever expect matters and individuals to be different, while you continue creating them as judgmental in your life ...and maintain your attitudes, feelings, and emotions as before to strengthen and justify your own creations?

*Free yourself of hurtful misconceptions about others,
...stop creating them.*

You are a spiritually mindful embodiment --all in one-- you do not possess a "separate" instinctual mind or *higher self* controlling you ...or advising and guiding you through attitudes, feelings, and emotions, ...for you alone establish these judgmental reactions to your own creations. Stop denying yourself and your empowered creations, for that only leads to your losing the emergentlifeself you truly desire, ...or would you rather continue living your denials and frustrations? Since, what in your life you do not want ...you have personally created and reacted against, isn't it time to visualize your godselfimage and begin creating and living the emergentlifeself of your dreams?

Do not fail yourself again!